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The history of Usui Reiki begun with its founder, Dr. Mikao Usui

[Date]

The History Of Reiki

**Usui Reiki**

Usui Reiki is a popular method of healing which was conceived after evaluating and understanding the energy system of the human body (Wetzel, 1989). For more than a hundred years, Usui Reiki has been used by many Reiki practitioners to improve the quality of both health and life of the patients (Wetzel, 1989).

**Founder of Reiki**

The founder of Reiki was Dr. Mikao Usui. He is also known as Usei Sensei. In 1985, Usui was born. He belonged to an affluent Buddhist family. Dr. Usui received education in a Buddhist monastery (Wetzel, 1989). Furthermore, he learned martial arts and swordsmanship in the monastery.

Dr. Usui even during his education was intrigued by theology, psychology and especially medicine (Wetzel, 1989). Only due to this interest, Usui explored ways to heal him and others by only using hands. Usui wanted to conceive a healing method which would be independent of any religion or race any accessible to everyone (Wetzel, 1989).

During his lifetime, Dr. Usui traveled a lot. While travelling, Dr. Usui studied healing methodologies and held different positions where ever he stayed. Ultimately, Dr. Usui decided to become a Buddhist priest and spent the rest of his life in a monastery.

**Experiences of Dr. Usui and Development of Reiki**

Sometimes in the training at the monastery, Dr. Usui stayed in a cave located in the Mount Kurama where he meditated, prayed, and fasted. An event took place on the 21st day that changed Dr. Usui’s life. He witnessed some symbols in ancient Sanskrit using which He developed Usui Reiki (Wetzel, 1989). Following this miraculous experience, Dr. Usui founded a clinic in Kyoto where He practiced and taught Usei Reiki.

In 1922, Mikao Usui established the first-ever Reiki Clinic in Tokyo. To ensure his method does not die with him, Dr. Usui taught some Reiki enthusiasts the techniques he conceived.

# Works Cited

Wetzel, W. S. "Reiki healing: a physiologic perspective." Journal of Holistic Nursing 7.1 (1989): 47-54.